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Your essential daily news | MONDAY, JUNE 15, 2015

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Public workers waiting for pay

LABOUR

Union, federal government to meet amid complaints

Michael Woods
Metro | Ottawa

Canada's largest federal union will sit down with senior government officials this week after receiving "hundreds" of recent complaints from public servants who haven't been paid on time.

The Public Service Alliance of Canada (PSAC) has received a substantial number of complaints from members who haven't been paid, said national executive vice-president Chris Aylward. Some haven't been paid for up to 10 weeks, he said.

The issues come as the federal government migrates to a new centralized pay system. When the transition is done by the end of this year, the government said its new pay centre in Miramichi, N.B., will service 46 departments and agencies, saving $70 million a year starting in 2016-17.

A spokeswoman for Public Works said the pay centre "is not experiencing widespread issues in administering pay services."

> **"Some students are even just up and just quitting, saying, "If you can't pay me, I've got to go find another job."** Chris Aylward

"The Pay Centre is meeting its service standards in terms of the speed at which files are processed," spokeswoman Michèle LaRose said in an email, adding that 95 per cent of the time, cases are processed within 20 days.

Most are processed within 8.5 days, she said, adding that the centre processed nearly 300,000 cases in 2014-15 and received fewer than 200 complaints.

PSAC represents the 550 employees at the government's new Pay Centre in Miramichi, but Aylward said the problem isn't with those employees — it's about the government providing adequate resources and training.

Aylward said he visited the pay centre and saw overworked staff encountering issues they don't feel trained to address. He said stress levels are "very high."

Among Aylward's hopes heading into Thursday's meeting are that the government will delay a scheduled increase in the number of cases the Pay Centre will handle, and devote additional resources to the centre.

SIMPLY THE FEST

Ottawa's own Rolf Klausener of the Acorn takes the stage on Sunday, the final night of Westfest.
HALEY RITCHIE/METRO

metro NEWS
Your essential daily news

Georgian capital dealing with a flood of zoo animals. **World**

Bringing home cooking home

BUSINESS

Ottawa startup connects diners with fine dining

Haley Ritchie
Metro | Ottawa

There is no shortage of fine, multicultural dining it Ottawa, but nothing beats that homemade meal prepared by the family cook using an old recipe.

A new Ottawa startup food delivery service called "eCelery" wants to push the boundaries of authentic takeout with meals delivered from personal kitchens.

"The idea started a few years ago when my grandmother came to Canada from Lebanon. She couldn't find a job because of the language barrier," said co-founder Cyril Moukarzel.

His grandmother couldn't speak English very well but she was a very talented cook.

"All my friends would come over just to try our food," he said.

His new business, eCelery, wants to give talented home cooks a chance to make a buck from their family recipes. Working out of their personal kitchens, the chefs can take orders online and prepare meals for take-out delivery. They set their own prices and choose their own menu items and ingredients.

eCelery cook Mariam Rashid serves her homemade Chicken Makbous at the company's launch party. The new startup aims to deliver food from cook's personal kitchens. COURTESY CHRISTINE SHAY

"It's something new and different," said Moukarzel. The founders are hoping that as well as providing great food, it might be a good way for new immigrants to break into the food business.

"What we provide is multicultural, authentic homemade meals. All the chefs right now come from a different country and they provide the authenticity of the meal that comes from that country."

> **"All the chefs right now come from a different country and they provide the authenticity of the meal that comes from that country.**
> Cyril Moukarzel, co-founder of eCelery

The website was designed by eCelery's co-founder Mathieu Jobin, a fellow University of Ottawa graduate.

Hungry customers enter their postal code, find out which chef is available for business, and place their order. The food is delivered within the hour.

The use of personal kitchens for takeout is breaking new ground in the city and the founders say they've consulted a lawyer and made sure every kitchen is clean.

Each of the four cooks — Kiros Nirea, Tahseen Chaudhry, Mariam Rashid and Stacy Nicol — were chosen based on skill and taste. The different cuisines covered so far include Pakistani, French, Italian, and Ethiopian foods. Each cook covers a seven-mile radius.

More information on the new startup is available at eCelery.ca.

What the chefs are cooking up:

1

STACY NICOL

Tomato Basil Penne
This Italian dish is made with penne, garlic, basil, tomatoes and feta cheese.

2

TAHSEEN CHAUDHRY

Mughlai Tikka
Originating in medieval India, this dish is a specially marinated chicken leg served with tamarind chutney, raita, cumin fried rice, salad and flat bread.

3

MARIAM RASHID

Chicken Makbous
Traditional to the Arabian Gulf, this dish features marinated chicken, tomato sauce, flavoured rice and caramelized raisins.

PHOTOS COURTESY OF ECELERY

TIMELINE

Key events

As the Ontario teachers' administrative strike continues, here is a timeline of some key events that have played out so far:

Contract expired — Aug. 31, 2014

The elementary teachers' contract with the Ontario government expired last summer. Bargaining has been taking place since January but talks began to break down in February, according to the Elementary Teachers' Federation of Ontario.

Partial strike — May 11, 2015

Teachers began strike action last month, mostly refusing administrative tasks, including administering standardized EQAO testing and filling in for absent principals. Teachers also said they wouldn't be providing comments on report cards.

Strike Phase 2 — June 1, 2015

The second phase of strike action asked teachers to stop planning field trips for the upcoming school year and to not apply for any extra grants or funding.

Report cards cancelled — June 12, 2015

The Ottawa-Carleton school board, along with some boards in the Toronto area, said they would not be sending home report cards. While teachers are still collecting grades, they are not inputting them into the system. The board said it would take too much time for administrators to fill in.

Last day of school — June 25, 2015

Elementary school students' summer break begins at the end of the month, which will mean less pressure on bargaining as both administrators and teachers' representatives book time off for the summer. The union has warned that it could mean full strike come September. HALEY RITCHIE/METRO

High school teachers picket in Mississauga on May 25. Students from JK to Grade 7 in several Ontario boards will not get report cards at year end, due to the ongoing administrative strike by teachers, said the Ottawa-Carleton District School Board.
ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

No report cards for some local students

EDUCATION

Kids instead will get 'letter of promotion': Public board

Haley Ritchie
Metro | Ottawa

Is it A, B, C or D? Parents found out on Friday afternoon that they won't know what grade their children achieved this year in classes at the Ottawa-Carleton District School Board.

Instead, students in JK to Grade 7 will receive a "letter of promotion" informing them whether they passed or failed for the year.

Grade 8 students heading into high school in September are the exception and will be receiving marks, but without teacher comments.

Elementary school teachers have been on a partial strike since May 11.

Part of the job action will see teachers prepare student marks, but not logging them into the computer system. That task would have to be undertaken by administrators, but the Ottawa-Carleton school board said it is too big a job.

"We rely on that support to produce report cards; without it, the task of mark entry and report card production is beyond the capacity of the school district," read a statement sent out by the school board.

High school students are expected to receive their final marks later than usual. The school board is estimating final grades will be available by July 13.

The Elementary Teachers Federation of Ontario (ETFO) is instructing concerned parents to call principals and administrators to demand final marks.

"You are entitled to know the results of your child's progress but it must come from your principal," read a release from the ETFO.

Ottawa-Carleton, York, Peel and Toronto school boards are all withholding marks. Boards in Niagara, Simcoe County and Trillium-Lakelands have decided to process report cards as usual.

SOCIAL MEDIA

Parents sound off

Ottawa parents took to social media over the weekend to voice their disappointment over the fact they won't be receiving report cards. Some blamed the union, others blamed the school board, but almost all were frustrated on behalf of their kids.

Lyndsey Smith said her seven-year-old daughter looks forward to the formal report card.

"She's really motivated by it. She was looking forward to getting that formal, written feedback that she can look at and hold," she said in an interview.

The Grade 1 student plans on asking her teacher more about the strike on Monday.

"I tried to explain to her that it wasn't actually just her teacher that was doing this, but for her, it feels like it's coming from her teacher who she loves and admires."

While her daughter talks with the teacher, Smith said she's planning on calling the school board for more details.

"I recognize there's a lot of people who say, 'Report cards are just one aspect of feedback and one aspect of how they're doing.' But for her, it's something that's really important to her.

"I recognize where the teachers are coming from and that it's a big and complicated issue, but this obviously has an impact on the kids. It's upsetting as a parent to see a seven-year-old having to deal with this when it's really a grown-up issue."

On Twitter, Ottawa residents aired their frustration at the school board.

".@OCDSB if I pay my taxes, you should produce report cards. #failinggrade," wrote Twitter user @AmandaC_Young.

@BlairAWriter wrote: "I was fine getting report cards without the useless cut-and-paste comments. But no report card at all is irritating as hell. #ottawa @OCDSB." HALEY RITCHIE/METRO

Lindhout 'happy' for arrest of alleged Somali kidnapper

CRIME

Ali Omar Ader faces criminal charges after arrest in city

Amanda Lindhout crumpled to the floor, crying, as RCMP investigators broke the news to her on Thursday about the arrest of her alleged Somalian kidnapper.

One officer who had stuck with the case over the past five years asked her "Are you sitting down?," Lindhout recalled Sunday on social media.

"There were several RCMP officials on the line as he delivered the news. I was stunned that they'd made the arrest. I was even more stunned that the accused kidnapper was in my home country."

"I had forgotten to sit down, and my knees gave out. I lay on the floor crying, saying the words, "Thank you, thank you, thank you so much," again and again," said Lindhout in a statement that was posted on her Facebook page and was also released by her publicist.

The RCMP announced Friday that they had arrested Ali Omar Ader in Ottawa.

Authorities are saying little about how the Somalian national made his way to Canada, where he now faces a criminal charge of hostage-taking.

But seeing Ader in news coverage of the arrest sparked a range of emotions for Lindhout.

Amanda Lindhout attends a reception held in her honour by the Alberta Somali-Canadian community in Calgary on Feb. 21, 2010. The RCMP have arrested and charged a Somali man in connection with the case. THE CANADIAN PRESS

"I find it difficult to describe what it felt like to see his face again," she said.

"It brought up anger, fear, confusion, and also — knowing that he no longer poses a threat to me or to anyone else — a sense of relief."

Lindhout and photographer Nigel Brennan were seized by young gunmen near strife-torn Mogadishu, Somalia, in August 2008. Both were released on Nov. 25, 2009.

Defence Minister Jason Kenney has also commended the RCMP and other international police services involved in getting Ader to Canada.

"There's been some absolutely brilliant and complex policing work done here," Kenney told CTV's Question Period.

"The fact that the RCMP, with other international police agencies, have stayed on the case and brought this investigation to a successful conclusion is a great credit to them."

Ader was arrested Thursday in Ottawa. The RCMP say the 37-year-old had been in town for a few days but the national police force would not reveal how he arrived in Canada.

Ader's case will be back in court June 19. His lawyer, Samir Adam, said Friday he didn't have enough information on the allegations against his client to comment.

Successfully prosecuting such a case "depends on a certain level of discretion," RCMP assistant commissioner James Malizia told a news conference Friday.

The RCMP's Ottawa Integrated National Security Enforcement Team, supporting RCMP units and partner agencies have been working on the case ever since the abduction seven years ago, Malizia said.

Details of the lengthy investigation — which involved undercover operations, surveillance and wiretaps — would come out in court, he said.

For now, all that matters is that charges have been laid, said Lindhout.

"I'm grateful that this man has been arrested," she said.

"I am happy that he will be called upon in court to answer for his role in the kidnapping."

THE CANADIAN PRESS

TIMELINE OF AMANDA LINDHOUT'S KIDNAPPING IN SOMALIA

Aug 20, 2008: Lindhout and Australian photographer Nigel Brennan arrive in Somalia to scout around for compelling news stories.

Aug. 23, 2008: Lindhout, Brennan and Somalian journalist Abdifatah Mohamed Elmi are kidnapped just outside the capital, Mogadishu. Lindhout had just visited a refugee camp outside the city and was returning home when the abduction occurred.

Sept. 8, 2008: Press freedom advocacy group Reporters without Borders says the abductors have demanded a US$2.5-million ransom for the release of Lindhout and Brennan.

Sept. 17, 2008: The Al Jazeera television network receives footage of Lindhout and Brennan surrounded by armed militants. The group claiming to be behind the video accused Canada and Australia of "taking part in the destruction of Somalia."

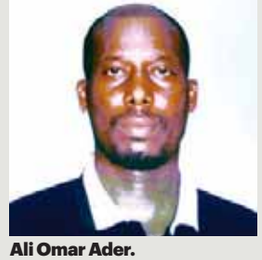
Oct. 13, 2008: Lindhout's abductors issue a statement threatening to kill her and Brennan if they don't receive the ransom payment within 15 days. The deadline comes and goes without payment.

January 2009: Lindhout and Brennan briefly escape captivity and make it to the steps of a mosque before being recaptured, according to details confirmed after their release. The conditions under which Lindhout was held deteriorated sharply after the escape bid.

Jan. 16, 2009: Elmi is released from captivity after negotiations with "clan elders." Elmi tells the media that he was separated from Lindhout and Brennan and could not offer information as to where they were being held.

June 10, 2009: CTV news receives a phone call from a woman claiming to be Lindhout. The caller says she has been chained in a windowless room for months and will die unless the Canadian government helps her family come up with the ransom payment.

Aug. 4, 2009: OMNI TV receives a similar phone call from someone purporting to be Lindhout and saying she'll die in captivity without quick intervention.



Ali Omar Ader. THE CANADIAN PRESS

Aug. 23, 2009: The Lindhout and Brennan families issue a joint statement a year after the journalists were abducted. The statement said the families are working together to try to secure their release.

Nov. 25, 2009: Somalian officials announce that Lindhout and Brennan have been freed from captivity. It later emerged that the release was arranged by a firm specializing in hostage negotiations and that a ransom was paid, though an amount could not be confirmed.

Nov. 26, 2009: In an interview with CTV, Lindhout says that during her 15-month captivity she was repeatedly beaten and tortured.

Dec. 9, 2009: A family spokesman confirms that Lindhout is safely back on Canadian soil.

May 14, 2010: Lindhout announces she's launching a foundation to help send Somali women to university.

February 2013: For the first time, Lindhout publicly states that she suffered repeated sexual abuse during her time in captivity.

September 2013: Lindhout releases a book detailing her time as a hostage. The memoir, co-authored with Sara Corbett, is titled A House in the Sky.

June 12, 2015: The RCMP announce that they have laid charges against Ali Omar Ader, a Somalian national, in connection with Lindhout's kidnapping. He is facing charges of hostage-taking for his alleged role as a negotiator.

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HOUSE OF COMMONS

Beware of hackers, IT team tells staff

Employees of the House of Commons are being warned to be on the lookout for any suspicious emails from hackers who may be looking for employees' personal information.

Two memos were sent out on Friday from Commons IT staff stating its employees, along with private sector workers, are "currently being targeted by several cyberattacks."

The first alert, which was sent out on Friday morning, stated that hackers had stolen large volumes of personal data as a result of their cyberattacks.

A second alert, sent just after noon, said there was no evidence that personal data had been stolen from Commons accounts, but did confirm that they had been targeted.

It appears from the memos that hackers are sending phishing emails that look like they come from official accounts, but instead are a technological ruse to trick recipients into giving up personal information.

Commons IT officials, in the most recent memo, warn workers not to hand out their passwords to anyone and delete any suspicious-looking messages.

Last year, a phishing scam that had the hallmarks of a state-sponsored attack allowed hackers into the systems of the National Research Council.

The government blamed China for the attack that forced the NRC to shut down its computer system and use a temporary network while a new system was built to better withstand further attacks in the future.

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Prime Minister Paul Martin (left) with U2 lead singer Bono on Parliament Hill in May 2004. Bono is travelling to Ottawa today to meet with Prime Minister Stephen Harper and his NDP and Liberal counterparts. JONATHAN HAYWARD/THE CANADIAN PRESS

Bono stops in Ottawa to meet leaders

FOREIGN AID

Maternal and child health on singer's mind at today's meet

U2 frontman Bono is travelling to Ottawa today for a meeting with Prime Minister Stephen Harper, as well as the NDP and Liberal Party leaders.

The Prime Minister's Office said Harper is scheduled to have a "private meeting" Monday afternoon with the Irish singer, known as much for his humanitarian efforts and AIDS activism as his musical exploits.

The Opposition NDP and the Liberals said Bono will also meet with their respective leaders, Tom Mulcair and Justin Trudeau.

A government official said it was the singer himself who requested the meeting with Harper in order to discuss maternal and child health, the prime minister's signature foreign-aid initiative, and the effect of Canada's efforts to date.

All told, Harper has committed $3.5 billion toward the cause. That includes a five-year commitment to 2020, aimed at reducing the number of deaths of newborns and their mothers in the developing world.

Bono, who last visited Parliament Hill in 2005, is also expected to attend question period Monday.

He's no stranger to Canadian corridors of power. He's met multiple times with previous prime ministers, Jean Chretien and Paul Martin, and even gave the keynote speech at the 2003 Liberal convention that crowned Martin.

On that occasion, Bono praised Martin for promising to increase foreign aid and pronounced that "the world needs more Canada." He also vowed to be "the biggest pain in his ass" if Martin failed to deliver.

By 2005, the singer was gently critical of Martin for falling far short of the foreign aid funding target of 0.7 per cent of GDP — a target set by former prime minister Lester Pearson in the 1960s and never met.

> **Meeting celebrities isn't my schtick. That was the schtick of the previous guy.**
> PM Stephen Harper in 2007, on former PM Paul Martin

By 2007, he was much more blunt, accusing Canada of becoming "a laggard" on humanitarian aid to Africa and calling Harper "out of sync with the people."

Harper reciprocated by snubbing a meeting with Bono at that year's G-7 summit.

"Meeting celebrities isn't my schtick," Harper said then. "That was the schtick of the previous guy (Martin)."

THE CANADIAN PRESS

THIS WEEK IN MUNICIPAL POLITICS

5 THINGS to watch for at city hall:

1 Monday

The city's auditor general will release a report on the fraud and waste hotline, which allows people to anonymously tip-off the city on potential wasteful spending issues.

The third-party whistleblower hotline does not always lead to investigations, but it can help the city clean up potential overspending problems. Tune into the audit committee at 9:30 a.m. for this report.

2 Monday

Later in the morning, the planning committee is meeting with the city's planning department to discuss a piloted concierge program, where city staffers are paired with private developers as "client relationship leaders" to help them navigate the planning process.

This six-month program has been making headlines recently, as critics say it could give developers an unfair advantage.

3 Monday

Owners of tattoo parlours, nail salons, spas, body piercing venues or other "personal services settings" will be paying attention to the board of health meeting at 5 p.m.

The city is considering a new, free-of-charge licensing program for those in the aesthetics services business.

It's a way for the city to keep track of all the businesses, but it will also allow bylaw officers to hand out fines to the minority who do not comply with cleanliness standards.

The board will also be reviewing its immunization strategy and food safety inspection program.

4 Tuesday

"Complete streets" — roads designed for people of all ages and abilities — and a review of the overnight winter parking bylaw will top the city's accessibility advisory committee at 6:30 p.m.

5 Thursday

The city's transit commission will hear a report on the city's new online incident reporting program that has been almost two years in the making.

It will cost $145,000 this year.

A single detached house in Toronto's Rosedale neighbourhood is available for sale. CHRIS SO/TORSTAR NEWS SERVICE

Phantom bids targeted

REAL ESTATE

New rules protect buyers from deceptive practices

Starting next month, homebuyers in Ontario will have new protections against phantom bids, a practice used by unscrupulous real estate agents to drive up the prices of homes.

Agents may hint they have received competing offers when they haven't in order to spook potential buyers into raising their offers or rushing into a deal.

Some homebuyers believe the practice occurs during bidding wars in cities with red-hot real estate markets such as Toronto and Vancouver. But prior to the new law, these suspicions have been difficult to prove.

As of July 1, agents will not be allowed to imply they have received an offer unless it is in writing and has been signed. They will also be required to keep records of all of the offers they have received on file for one year.

Buyers who suspect they may have been duped will be able to find out whether there truly were other offers by filing a complaint with the Real Estate Council of Ontario (RECO), the agency tasked with enforcing the new rules.

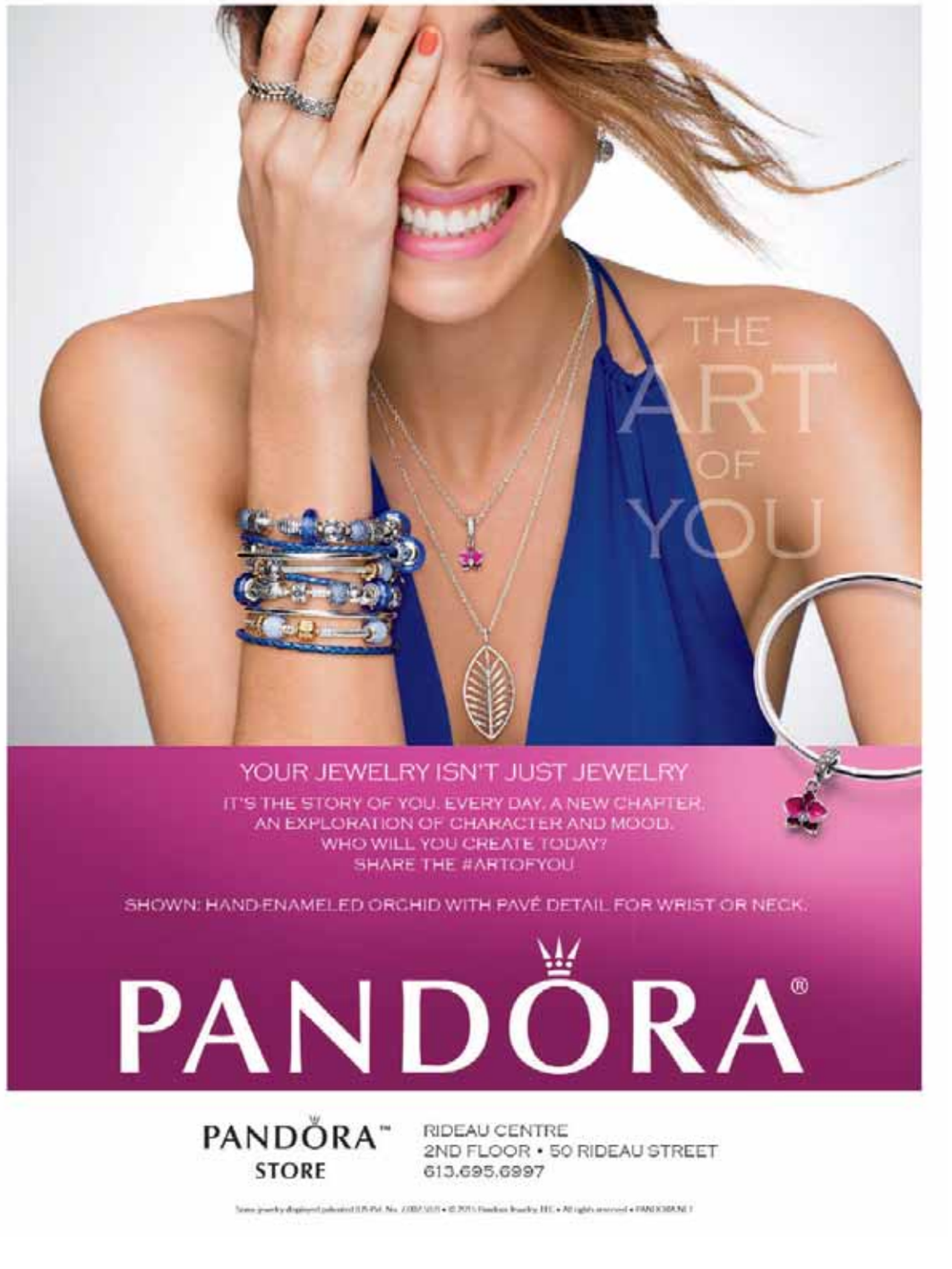
Joseph Richer, registrar of RECO, said the agency has received very few complaints about phantom bids over the years, indicating the issue is not as prevalent as some suggest.

"We don't believe that it's a rampant practice," said Richer. "But if it happens, it's very serious and we would take it very seriously."

A broker who fails to follow the rules could be prosecuted and face a maximum fine of $50,000 or up to two years behind bars. Alternatively, the agent could be referred to a disciplinary committee and be ordered to take educational courses or pay up to $25,000 in fines.

Phantom bids seem to be haunting some Ontario markets more than others, said Richer.

THE CANADIAN PRESS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Duffy fraud trial hears about his travel claims

COURT

Lawyer of senator argues some trips were multi-purpose

Mike Duffy has pleaded not guilty to 31 counts of fraud, bribery and breach of trust. SEAN KILPATRICK/THE CANADIAN PRESS

A Senate finance clerk who reviewed Mike Duffy's travel claims told his fraud trial Friday that she understood that senators could mix public and private travel.

In cross-examination of Maggie Bourgeau, Duffy's lawyer Donald Bayne focused on that blend of travel for both for parliamentary functions with personal business. Some of the charges Duffy faces relate to taxpayer-funded trips the RCMP allege were for solely personal reasons, including family visits.

"If you travel from point A to point B and there is both a personal aspect to it, but there's also Senate business involved ... you're entitled to reimbursement?" Mr Bayne asked.

"My understanding is that senators can combine Senate business with a personal trip," said Bourgeau, a 17-year-veteran of Senate administration. "The personal portion of the trip will not be reimbursed."

Crown prosecutor Mark Holmes also asked Bourgeau about a meeting she had with Duffy's executive assistant, Melanie Mercer, shortly after Duffy was appointed to the Senate.

Mercer testified earlier this week.

"She wanted to go over the travel policy," Bourgeau said. "We discussed what would be eligible, how to fill out a claim, taxis ... miscellaneous budget."

Earlier in the day, a lawyer representing Senate argued against the release of a two-year-old audit which examined the residency status of senators.

Max Faille argued the document is protected under parliamentary privilege, which gives legislators immunity from the courts to allow them to carry out their work freely.

"The court's role is to uphold this principle that is fundamental to the separation of powers which is itself, a foundational principle of our democracy," Faille said. "That is our purpose here. It is not to favour any party nor undermine transparency."

The residency audit was conducted in early 2013 by a Senate official after questions arose about Duffy and other senators who claimed living expenses for homes in the capital.

Duffy's lawyer and a number of media outlets want the audit to be made public, saying the Senate is being selective about the documents it wants to release.

One of Duffy's lawyers, Peter Doody, continued to hammer away at this argument Friday.

"The question is not whether the release of the document is necessary to the defence because it will be used," Doody said. "The question is whether the core legislative function of the Senate requires that it be kept secret."

Ontario Superior Court Judge Charles Vaillancourt said he would review submissions from both sides.

"I'm not going to give a judgment at this very moment," he said. "Between now and my return in August, I will hopefully have it done and given to counsel in advance."

Court proceedings will continue for another week before the trial pauses until August.

Duffy has pleaded not guilty to 31 charges of fraud, bribery and breach of trust.

Several of those charges relate to his claim that a home in Ottawa was a secondary residence, which allowed him to claim files for nearly $90,000 in housing expenses.

THE CANADIAN PRESS

> **If you travel from Point A to Point B and there is both a personal aspect to it, but there's also Senate business involved ... you're entitled to reimbursement?**
>
> A question from Mike Duffy's lawyer Donald Bayne

IN BRIEF

OPP officer charged in connection with illegal gambling house

A provincial police officer is facing charges along with 10 others after police say they raided an illegal gambling organization in an Ottawa residence.

Police allege that on Wednesday night, officers conducted a search warrant on an "organization keeping a common gaming house" (on Snowdon St.). Police say they seized marijuana, cocaine, oxycodone, hash, morphine and an undisclosed amount of money.

Ontario Provincial Police Const. Dennis Hill, 38, a 14-year veteran who is currently on leave, has been charged with being found in a common gaming house and possession of cocaine.

The owner of the house, Darrin Cooper, 49, along with seven other men and one woman, were all charged with various offences. THE CANADIAN PRESS

Man, 29, stabbed near west-end bike path

A man is in serious, but stable condition in hospital following a stabbing and assault near a west-end bike path Sunday evening.

Paramedics and west division patrol officers were called to the intersection of Holly Acres and Aero Drive at approximately 5:45 p.m.

At the scene, paramedics treated a 29-year-old man for multiple stab wounds to the left arm and multiple slash wounds to his abdomen, chest, and left side of his face.

A passerby found the man and called 911. West district investigators are probing the incident and are asking anyone with information to call police at 613-236-1222, ext. 2666.

JOE LOFARO/METRO

HEALTH CANADA

Expert: New nutrition labels highlighting sugar 'far from good'

Health Canada is proposing redesigned nutrition labels that would highlight when food products contain a lot of sugar.

The new labelling rules would also standardize serving sizes to make it easier for consumers to compare nutrient contents of similar products.

The proposed changes come in response to criticism from consumers, dietitians and health professionals that current labels are difficult to decipher and inconsistent. But an Ottawa obesity expert said the redrawn nutrition facts template doesn't go far enough when it comes to added sugars.

"If our old nutrition fact panel labels were graded I'd probably grade them about a D+ and I'd give these ones about a C+," said Yoni Freedhoff, medical director of the Bariatric Medical Institute.

"They're certainly far from good and they're extremely far from great.... Diet-related illnesses and chronic non-communicable diseases are rising dramatically in this country and this is a country where we pay for their impact, all of us, with our taxes.

"These are not bold changes. Given the nature and degree of the problem that we are seeing from diet- and weight-related illnesses we kind of need bold."

The new labels would cite the per cent daily value (% DV) of sugar per portion, with a guideline stating that under five per cent is "a little" and 15 per cent or more is "a lot."

The World Health Organization recommends limiting daily intake of added sugars to less than 10 per cent of total energy intake. A further reduction to below five per cent or roughly 25 grams (six teaspoons) per day would provide additional health benefits, the WHO says.

> **If our old nutrition fact panel labels were graded I'd probably grade them about a D+ and I'd give these ones about a C+.**
>
> Obesity expert Yoni Freedhoff

The new standard would also group all sugars together in the ingredient list, ordering them by weight from most to least.

In a typical granola bar, agave nectar, brown sugar and brown rice syrup — all different types of sugar — might be dispersed throughout the ingredient list.

"But in this framework, this new proposal where we group them together ... (they) will now move up and be in the first one or two ingredients for many products," said registered dietitian Kate Comeau, spokeswoman for Dietitians of Canada.

Serving sizes would be standardized and based on an amount usually eaten, making it easier to hold products side by side and compare nutrition. One serving of bread would be two slices, since most people eat that in a sandwich.

THE CANADIAN PRESS

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Municipalities eyeing OPP retention pay negotiations

POLICE

Maintaining benefit may not be affordable, critics say

Retention pay gives officers an extra three-per-cent pay after about eight years of service, 6 per cent after 17 years, and nine per cent after about 23 years. TORSTAR NEWS SERVICE FILE

Ontario municipalities are keeping a close eye on provincial police contract negotiations to see if the province can whittle out years-of-service bonuses that communities say are becoming difficult to afford.

The benefit, known as retention pay, began in Toronto a little over a decade ago. The Ontario Provincial Police followed suit soon after and over the years it has found its way into most police and firefighter contracts across Ontario as recognition or service pay.

It gives an extra three-per-cent pay after about eight years of service, six per cent after about 17 years and nine per cent after about 23 years. In Toronto, the base pay of a first-class constable is $92,433.

Though the provincial government does not control the deals municipalities reach with their police services, it can set trends with the agreements it strikes with the Ontario Provincial Police.

As the Liberal government tries to eliminate a $10.9-billion deficit it has said any public-sector contracts must have "net zero" increases, so any small compensation boosts would have to be offset.

Neither the government nor the Ontario Provincial Police Association would say if retention pay — also known as 3-6-9 — is on the table as they bargain a new deal.

But most police service boards are hoping it is, said their provincewide association.

"Today, 3-6-9 does not serve a practical purpose," said Fred Kaustinen, the executive director of the Ontario Association of Police Service Boards.

Kaustinen said police forces have not faced retention issues for some time now, and there are no performance-related benefits associated with 3-6-9.

"The only impact or relevance ... is to increase the pay of long-serving police officers and increase the cost of the overall police wage envelope across Ontario by roughly 4.5 per cent."

The president of the Police Association of Ontario said the bonus pay may be the reason why retention issues no longer exist. It has now become part of the negotiated salary, said Bruce Chapman.

"It's a dangerous profession and it's part of their overall compensation package, which fairly reflects the duties and the work that they do," he said.

Firefighters also receive bonus pay, but the head of their union said it's more a benefit for years of service than an incentive not to move elsewhere.

"It's unfair for pretty much the same type of first responder protection services that we provide and police provide that we be paid any less than a police service," said Carmen Santoro, president of the Ontario Professional Fire Fighters Association.

> **Today, 3-6-9 does not serve a practical purpose.**
> Fred Kaustinen, executive director of the Ontario Association of Police Service Boards

In Toronto, the chairman of the police services board refused to be interviewed, but in a 2011 letter to then-premier Dalton McGuinty, he blamed the provincial government for the practice's spread across Ontario. Toronto had a retention problem — the OPP didn't, Alok Mukherjee wrote.

The mayor of Stratford, Ont. said municipalities are finding it tougher than ever to fund emergency services — nearly 40 per cent of the tax levy in his small city goes toward them — and clauses such as 3-6-9 need to be taken into account.

"It's not affordable, nor is it sustainable," said Dan Mathieson.

If negotiated contracts can't be reached with emergency service workers, disputes are settled at interest arbitration because they don't have the right to strike. THE CANADIAN PRESS

OFFICES

Moving Senate may cost millions

Finding temporary offices for the Senate could cost taxpayers an extra $24.5 million — even more than the latest big-ticket audit of expenses in the upper chamber. And it's all because of one city block.

The cost of temporary Senate offices in downtown Ottawa could surpass the $23.6-million audit by nearly a million dollars if the Senate doesn't agree to extend its search boundaries by a single block, an internal government document shows.

Sticking with the current boundaries means Public Works would face a much costlier tender process, rather than being able to negotiate directly with a landlord. The result would cost taxpayers $24.5 million more over 13 years than the government wants to spend.

The details are contained in a Jan. 30 briefing note to Public Works Minister Diane Finley, obtained by The Canadian Press through the Access to Information Act.

Public Works won't say how much it's willing to spend.

The Senate needs to find space soon so it can be ready for 2018 when the Centre Block is closed for badly needed renovations, displacing both the Senate and the House of Commons for almost a decade.

There are some 27 Senate offices currently without a new temporary home. They also need room for services like mail and security. THE CANADIAN PRESS

NORTH BAY, ONT.

Officials can't account for rise in babies born to addicted mothers

Community service workers in North Bay said they are dealing with an alarming increase in the number of babies born to mothers addicted to drugs.

There were 22 babies born with neonatal abstinence syndrome in the city of 64,000 in 2012-13; 31 the next year; and 48 in 2014-15, with 10 in January alone.

The big jump in numbers prompted the Nipissing Children's Aid Society to "issue a call to action" to community members because it couldn't keep up with demand, said executive director Gisele Hebert.

"The bulk of those babies seem to be in our district," said Hebert. "I'm not sure why, but the figure has grown close to 500 per cent since 2003 in the northeast."

> **896**
> **The nummber of babies across Ontario born to mothers addicted to drugs in 2013-14, according to the Ministry of Health. That was up from 654 babies with NAS born in the province in 2010-11.**

The main question at a meeting of social service agencies, community leaders and the public this week couldn't be answered.

"The question from the audience was: 'Why is this happening in our community?"' said Hebert. "We are considered in the north, but there are much more remote northern communities than North Bay, and for example in Timmins, Sudbury, in Kapuskasing, they're not seeing these numbers."

However, Corrine Wilde, manager of addiction services with the Community Counselling Centre of Nipissing, said the problem of babies born to addicted mothers is worse in other parts of northern Ontario.

"Northeastern Ontario is the second highest number of (addicted) births, but northwestern Ontario is skyrocketing higher than we are," said Wilde.

"If you look at the population numbers, the north is disproportionately higher than the south," said Alan MacQuarrie, executive director of the Community Counselling Centre. THE CANADIAN PRESS

HEALTH

Canada Blood Services aims to make donations easier

The agency that operates Canada's blood donor clinics is planning to make it easier for older donors to give blood, saying it will introduce changes this fall that will lift some eligibility restrictions on new and dedicated donors alike.

Canadian Blood Services said the changes include dropping a requirement that all first-time donors 61 years of age and older submit a doctor's letter confirming they are fit to give blood.

As well, the agency said it will scrap the same requirement for repeat donors between the ages of 67 and 71 who have not donated in the past two years, and for repeat donors 71 and over who are currently required to get an annual physician assessment.

> **We now have quite a lot of experience with older donors and we now see that we do not need an extra medical assessment on these donors.**
> Dr. Mindy Goldman, CBS medical director

"We are looking at making changes to that policy whereby that (doctor's letter) will no longer be required," said Mark Donnison, vice-president of donor relations.

There are about 420,000 blood donors in Canada at any given time, but Donnison said the non-profit agency has to work hard at recruitment to maintain that level. On average, about 170,000 donors drop out every year, either because they have to or they choose to stop.

Older donors are important because they tend to give more blood. A third of all donors are over 50, but that group produces about 45 per cent of donations, said Dr. Mindy Goldman, medical director, donor and clinical services.

Goldman said all donors are routinely asked relevant health questions at clinics, making a separate medical inquiry unnecessary. THE CANADIAN PRESS

Arming trees vs. climate change

EVOLUTIONARY BIOLOGY

Scientists using genomics to aid adaption in nation's forests

Canadian scientists are helping trees outrun climate change.

"Trees are adapted to historical climate and the climate's moving out from under them," said evolutionary biologist Sally Aitken. "We're using genomics to generate answers more quickly than they can."

Foresters have long known that the best seeds for replanting forests comes from trees in the same area, said Aitken, whose research at the University of British Columbia is financed by Genome Canada. Trees within a couple of hundred kilometres or a few hundred metres of elevation are precisely adapted to local conditions.

But winters have become warmer. Rainfall patterns are changing. Bugs such as the mountain pine beetle and fungi such as blister rust find congenial new homes. Trees would eventually adapt on their own, but slowly.

Scientists are looking at new ways to preserve Canadian forests. MATT MEDLER/INTERNATIONAL BOREAL CONSERVATION CAMPAIGN/THE CANADIAN PRESS

"It takes decades, and we don't have decades," said Aitken.

In an effort to speed things up, she and her colleagues are digging into the genomes of lodgepole pine and white spruce to look for genetic patterns associated with climate. That allows researchers to analyze genetic diversity that already exists in the forest and select for characteristics that will produce seeds matched to the environment where they'll be planted.

"There's so much variation already in the tree's genome," said Richard Hamelin, whose work at the Canadian Forest Service is also funded by Genome Canada. "What we are doing is developing the tools to sample that variation.

"(Once) we know what a resistant tree looks like we can go out and find more of them and include them in our breeding program."

Aitken said results show that trees bred through the program's work are showing climate adaptations very close to what trees might do on their own.

"It's really in the last month that we've gotten the results that show it works."
Sally Aitken, evolutionary biologist

"Material from the breeding program simply grows faster," she said.

Hamelin said trees bred for resistance to blister rust are already being planted. Trees resistant to other pests are entering the breeding program.

Both researchers emphasize that they're not doing genetic modification.

"Genetic modification might speed things up even more, but we don't need to go there," Hamelin said.

Aitken said that because extreme weather events are more probable as the climate changes, future forests will have to be planted with seed from a variety of zones.

"Diversity is a good buffer against uncertainty," she said.

THE CANADIAN PRESS

OCEAN TRACKING

Animals aiding in research

The latest issue of the academic journal Science features a paper by ocean researcher Nigel Hussey and fellow researchers on advances in the field of aquatic animal telemetry — where scientists tag an animal with an electronic device to monitor its actions from a distance.

Hussey said the latest improvements in tracking technology mean scientists can do much more than follow an animal's location. He said researchers can now use "animals as oceanographers."

"You can actually use the animals to monitor their own environments," said Hussey, a research associate at the University of Windsor.

Next year, Hussey plans to use receivers on narwhals and several hundred tagged Greenland halibut to observe interactions between the two species.

"Basically your narwhal becomes your monitor of sustainable fisheries. He's swimming around, giving you detections on where your fish are," he said.

THE CANADIAN PRESS

SECURITY

Fugitive killers could be anywhere

Two convicted murderers who used power tools to cut their way out of a prison near the Canadian border could be nearby or "in Mexico by now," New York Gov. Andrew Cuomo said Sunday.

The intense manhunt focused on the fields and Adirondack woods near the prison in upstate New York after the inmates' escape was apparently hampered by a prison employee's decision to back out as their getaway driver nine days ago.

The inmates, David Sweat and Richard Matt, planned to have the now-jailed prison worker drive them about seven hours away to an unknown destination, District Attorney Andrew Wylie told CNN.

But prison instructor Joyce Mitchell backed out of the plan at the last minute, Wylie said.

"One of the reasons that she didn't show up was because she did love her husband and didn't want to do this to him," he said.

Even as hundreds of law enforcement workers stalked the rural area about 30 kilometres from Canada, Cuomo said it was unclear if the men were nearby.

"We don't know if they are still in the area or if they're in Mexico by now," he said.

While many local residents remained locked in their homes at the advice of authorities, the outpouring of appreciation for the search effort continued. A restaurant was urging people to tie blue ribbons around trees and mailboxes.

But residents were very much on edge, with some saying they were keeping firearms handy just in case. Both men are considered extremely dangerous.

Sweat was serving a life sentence for killing a sheriff's deputy. Matt was serving 25 years to life for the 1997 kidnap, torture and hacksaw dismemberment of his 76-year-old former boss. THE ASSOCIATED PRESS

SPACE TECHNOLOGY

Spacecraft wakes up after 7 months

To scientists' relief and delight, the Philae spacecraft that landed on a comet last fall has woken up and communicated with Earth after seven long months of silence, the European Space Agency announced Sunday.

Philae became the first spacecraft to settle on a comet when it touched down on icy 67P/Churyumov-Gerasimenko in November. But the solar-powered probe came down with a bounce and ended up in the shadow of a cliff instead of in direct sunlight.

As a result, Philae managed to conduct experiments and send data to Earth for only about 60 hours before its batteries ran out and it was forced to shut down its systems and go silent.

Scientists had hoped the probe would wake up again as the comet approached the sun, enabling Philae's solar panels to soak up enough light to charge the craft's main battery. But there were fears its mission would be cut short.

"If you wait for several months and then suddenly in the middle of the night you get a call saying, 'We have a signal from Philae,' it's exciting," said Stephan Ulamec, with the German Aerospace Center. THE ASSOCIATED PRESS

IN BRIEF

'Topless tourist' says sorry for offending Malaysians

Eleanor Hawkins has returned to England and apologized to the people of Malaysia for having posed topless on a sacred mountain.

The student, who served a three-day jail term, says she knows her actions were wrong. "I know my behaviour was foolish and I know how much offence we all caused to the local people of Sabah," she said. "For that, I am truly sorry."

Hawkins was one of four foreigners charged after removing their clothes and posing for a photograph on Mount Kinabalu. THE ASSOCIATED PRESS

Brothel owner offers free sex to protest high taxes

An Austrian brothel is offering a summer special that competitors will find hard to match — free sex. Its owner says it's his way of protesting a tax squeeze.

"Effective immediately: Free Entrance! Free Drinks! Free Sex!" the Pascha bordello writes on its website.

Prostitution in Austria is legal and regulated.

Hermann Mueller, who runs other brothels, says he is pushing back against unfair taxation of nearly 4 million euros in the past decade. He says he will pay the women to make up for lost income. THE ASSOCIATED PRESS

People assist a hippopotamus that has been shot with a tranquilizer dart after it escaped from a flooded zoo in Tbilisi, Georgia, Sunday. At least 12 people died Sunday and about two dozen more are missing. TINATIN KIGURADZE/THE ASSOCIATED PRESS

Floods leave 12 dead, animals on the loose

GEORGIA

Police still searching for bears, wolves lions, monkeys

Severe flooding in the Georgian capital left at least 12 people dead Sunday and triggered a big-game hunt across the city for lions, tigers, a hippopotamus and other dangerous animals that escaped from Tbilisi's ravaged zoo.

Residents were warned to stay indoors as police conducted the hunt, but fear deepened as night fell on the city of 1.1 million with some of the animals still on the loose.

"The daytime wasn't bad," said resident Khariton Gabashvili, "but tonight everyone has to be very careful because all the beasts haven't been captured. They haven't been fed, and in their hungry state they might attack people."

Heavy rain destroyed or damaged hundreds of homes in the former Soviet republic. Officials said about two dozen people were missing.

Zoo animals ran off after the floodwaters destroyed their enclosures. Among those that escaped were bears, lions, wolves and monkeys.

> **Everyone has to be very careful because all the beasts haven't been captured.**
> Khariton Gabashvil

A hippopotamus — an extremely aggressive animal with the ability to run faster than humans in short bursts — was spotted lumbering through a flooded square and was shot with a tranquilizer dart. Other animals were hunted down and killed.

The carcasses of at least a lion, a boar and a tiger were seen, and zoo authorities said six wolves were also dead.

Authorities said the animals may have fled to just about any corner of Tbilisi, including the forests on the steep hills in the city's heart.

"On this small street there are five dead, three houses completely washed out and everyone is affected," said Lamara Zumburidze, a resident of the hardest-hit section of the city. "I don't know where to sit, where to lie, what to do."

Some officials accused authorities of using unnecessary force on the beasts. THE ASSOCIATED PRESS

GENDER ISSUES

Scientist's career ends after offside joke

A week ago, Tim Hunt was a well-known Nobel Prize winner who was promoting science education throughout Europe and the world.

Today he's widely perceived as a sexist who's been stripped of most of his positions because of inappropriate comments about women in science.

Gone is his position with the European Research Council science committee, his role at the Royal Society, and his honorary post at University College London. He said Sunday he was fired from the latter.

Hunt's fall followed a speech Tuesday at the World Conference of Science Journalists in South Korea in which he said girls cause trouble in labs because "you fall in love with them, they fall in love with you, and when you criticize them, they cry."

The comments caused a Twitter storm that quickly led to Hunt, 72, leaving his posts even as he apologized. He has said he had been trying to make a joke, but nevertheless stood by his comment that love affairs in the lab are disruptive to science.

He was vilified by many, including The Guardian's Anne Perkins, who wrote that his comments were "the educated man's version" of blaming rape victims for wearing short skirts.

Hunt laments that his cherished career is finished — and some prominent women scientists who found his remarks deeply offensive said Sunday the punishment may be too harsh.

Athene Donald, a leading physicist at Cambridge University, said Hunt always supported her work enthusiastically when she served as Gender Equality Champion at the university.

"I've spent a lot of time with him and I've never seen any sign of sexism," she said.

Ottoline Leyser, a former student, said his record is otherwise unblemished. "All my interactions with him were very positive," she said. "He was a very enthusiastic and inspirational teacher. I've no indications from my experience or from colleagues that he's in the slightest way sexist."

She said the speed with which news of his comments spread via social media has reinforced for many scientists the dangers of speaking to the press or to the public.

"We're all of us terrified." THE ASSOCIATED PRESS

Syrians flee into Turkey

BULENT KILICBULENT KILIC/AFP/GETTY IMAGES

Syrians fleeing the war pass through broken down border fences to enter Turkish territory illegally, near the Turkish Akcakale border crossing on Sunday. Dozens of refugees, many carrying sacks of possessions, started passing through the gate as thousands more awaited their turn to cross on other side.

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

BULENT KILICBULENT KILIC/AFP/GETTY IMAGES

MIDEAST CRISIS

Refugees seek to escape Kurdish-ISIL conflict zone

Thousands of Syrians cut through a border fence and crossed over into Turkey on Sunday, fleeing intense fighting in northern Syria between Kurdish fighters and jihadis.

The flow of refugees came as Syrian Kurdish fighters closed in on the outskirts of a strategic Islamic State-held town on the Turkish border, Kurdish officials and an activist group said, potentially cutting off a key supply line for the extremists' nearby de facto capital.

Taking Tal Abyad, some 80 kilometres north of the Islamic State stronghold of Raqqa, would deprive the militant group of a direct route to bring in new foreign militants or supplies. The Kurdish advance, coming under the cover of intense U.S.-led coalition airstrikes in the area, would also link their two fronts and put even more pressure on Raqqa.

In this Turkish border village, the refugees took by surprise the Turkish troops stationed there, who were overwhelmed by the large number of people crowding the crossing. Thousands of people had been gathering for more than a day on the Syrian side of the Akcakale border crossing before they broke through Sunday afternoon.

People threw their belongings over the fence while others passed infants into Turkey over barbed wires before following through a several-metre wide opening in the border fence.

Turkish troops later brought in reinforcements and gathered up the refugees on the Turkish side of the border, preventing them from going deeper into Turkey.

Earlier Sunday, Turkish Deputy Prime Minister Numan Kurtulmus speaking on the refugee situation at the crossing between in Tal Abyad and Akcakale, claimed that those refugees were not fleeing fighting between Kurds and the Islamic State group, but were rather trying to escape to Turkey in case their villages are hit by U.S.-led coalition bombings.

He said Turkey was providing humanitarian aid to them on the other side of the border while taking in anyone who is sick or injured. Kurtulmus said Turkey has taken in more than 2 million refugees since 2011.

"We are of the opinion that there isn't a humanitarian tragedy there," Kurtulmus told CNN-Turk television in an interview. "Our priority is for them to remain within their border. We will continue to provide humanitarian aid to them"

Hours after Kurtulmus spoke, Turkey reversed its decision and opened the border to allow more of the refugees in, the state-run Anadolu Agency reported. It said however that this time, Islamic State group militants at the border prevented them from crossing into Turkey.

It put the number of people who were waiting to cross at around 2,500. Around 13,400 Syrians have fled to Turkey since June 1, the agency said.

THE ASSOCIATED PRESS

2,500

Number of people at the Akcakale border waiting to cross into Turkey.

KURDS EXPECT TO TAKE TAL ABYAD

On Sunday, Kurdish official Idriss Naasan said that Islamic State fighters have fled from Suluk, a few kilometres southwest of Tal Abyad, and that Kurds now hold the town. The Syrian Observatory for Human Rights also said Islamic State fighters had withdrawn and that Kurds were about 5 kilometres from Tal Abyad.

The Observatory reported later that Kurdish fighters captured more villages near Tal Abyad on Sunday, adding that jihadis blew up two bridges southeast and southwest of the town to prevent them from pushing forward.

"It's only a matter of time before this area is liberated," Naasan said from northern Syria, saying the Kurds surround Tal Abyad from the east, west and south. The Turkish border — and the soldiers there — now hem the extremists in from the north.

INTERNATIONAL CRIMINAL COURT

Al-Bashir ordered to stay in S. Africa

A South African judge on Sunday ordered authorities to prevent Sudanese President Omar al-Bashir, who was in South Africa for an African Union summit, from leaving the country because of an international order for his arrest.

Sudanese officials, however, said al-Bashir had been assured he would be welcome during his visit. The conference was scheduled to end Monday.

Rabie Abdel-Attie, a senior member of al-Bashir's National Congress Party, said in Khartoum that al-Bashir will stay at the meeting "until it ends."

South African Judge Hans Fabricius instructed authorities to prevent al-Bashir from leaving the country because he is wanted by the International Criminal Court.

He said border officials should enforce his decision pending a hearing on whether al-Bashir should be arrested, according to Caroline James, a lawyer with the Southern Africa Litigation Centre rights group. A court is expected to rule on Monday if al-Bashir should be handed over to the International Criminal Court to face charges of alleged genocide and human rights abuses.

THE ASSOCIATED PRESS

SHOOTING

Dallas gunman had history of violence

The man linked to a violent assault on Dallas police headquarters was accused two years earlier of choking his mother, then fleeing to an East Texas town where schools were locked down out of fear he would attack them as "soft targets," according to accounts from police and family members.

Police said the suspect, who planted pipe bombs outside the headquarters and fired at officers Saturday from his armoured van, told them he was James Boulware. He was killed hours later by a police sniper.

Boulware's father recalled his son's seething anger at police after losing custody of his child, and his brother recalled that the family's attempts to get Boulware help were rebuffed.

"We had tried for two years," his brother, Andrew Boulware, said Sunday. "I didn't honestly think that he would ever go this far, but it was always in the back of my mind that it was a possibility."

In Saturday's attack, the gunman sprayed the front of the building with gunfire just after midnight. After opening fire, the suspect drove into a squad car, still firing, then led police on a chase to a parking lot.

Boulware was arrested for family violence two years ago, in a case that was later dismissed. According to a police reports, a witness says Boulware was in his mother's house and "began talking rudely about religion, Jews and Christians." The report says Boulware then grabbed his mother by the neck for 2-3 seconds until a third person could pull him off.

The report says he was reported the same day to be in Paris, Texas, where he grabbed weapons and body armour and talked about "shooting up schools and churches." Andrew Boulware and his father, Jim, confirmed the incident.

Andrew Boulware accused authorities of ignoring family members' statements that James was mentally unstable.

"They diagnosed him as sane in 15 minutes," Boulware said.

He remembers James claiming that he had dreamed about the shootings at Sandy Hook Elementary in Newtown, Conn., and other disasters before they had happened. He also remembers pleading with James Boulware to get medical help, and going to a local official but being ignored.

"He never was properly diagnosed," Andrew Boulware said. His mother, Jeannine Howard, said in a statement that she considered her son "lost to mental health" long before his death.

THE ASSOCIATED PRESS

Tweeting the path to success

SOCIAL MEDIA

As user growth slows, tech experts weigh in on Twitter

The Pope is on Twitter, along with the Dalai Lama, world leaders and, of course, Kim Kardashian. The short-messaging service can bring fleeting fame, or get you fired. It has been credited for sparking revolutions and, like Facebook, transforming the way the world communicates.

But despite the buzz generated by thousands of chatty journalists, athletes and celebrities, Twitter has never turned a profit. Its user base of 302 million is dwarfed by rivals like Facebook, which boasts 1.44 billion users.

Facebook has grown into an Internet powerhouse, while Twitter in many aspects remains a niche social network, unable to convince the masses that they need its service to keep up with what's happening in the world.

Now, with last week's exit of Twitter Inc. CEO Dick Costolo — co-founder, and former CEO, Jack Dorsey is taking over in the interim — the company is looking for a new leader.

But first it needs to address some of its biggest problems.

Here are some of Twitter's most pressing challenges, along with possible fixes.

Twitter CEO Dick Costolo, Chairman and co-founder Jack Dorsey, and co-founders Evan Williams and Biz Stone, watch the ringing of the opening bell at the New York Stock Exchange in 2013. RICHARD DREW/THE ASSOCIATED PRESS FILE PHOTO

Where are the users?

Its user growth is stalling and there are a lot of competitors. Besides its old rival Facebook, Twitter is feeling the heat from mobile messaging apps such as WhatsApp, Snapchat, Instagram and a bevy of others. Twitter grew from 204 million active users in the first quarter of 2013, to 255 million a year later and 302 million in the first three months of 2015. Facebook-owned WhatsApp announced in April it has reached 800 million users.

Make it easier to use

Almost one billion users have tried Twitter and not stuck around, according to tech investor Chris Sacca, a longtime Twitter backer who wrote a lengthy critique of the service and posted it online this month. Sacca suggested the service could offer more features to engage visitors — including special channels or tabs focused on live events or topics of interest to users.

Deal with trolls

Twitter has long had a problem with trolls, online bullies whose abuse has been an ongoing issue that has alienated established and potential users. It has tried to make it easier to report threats and in April updated its policy against violent threats, but it's too early to say if this initiative has helped.

More apps and options

Twitter is well-known around the globe, but it must do more to capitalize on its own brand, said Brian Blau, a tech analyst at the Gartner research firm. Twitter could be offering users more specialized apps for various activities, in the way that Facebook has built a stable of apps for messaging, consuming news and sharing photos, he said. Twitter's Periscope app, which lets users share live video, is an example of what Twitter should be doing more of, Blau added.

Demonstrate Twitter's strengths to advertisers

Twitter knows something about its users' interests, but Facebook knows far more about its users' likes and habits, while Google and Pinterest can more readily predict users' buying interests. Twitter's strength, however, is drawing people's attention during live events, such as sports, breaking news and popular TV shows, said Debra Aho Williamson at research firm eMarketer.

Show investors it's serious about business

The new CEO must show Wall Street Twitter is focused on building revenue and delivering on financial targets, added Scott Kessler, a tech stocks analyst at S&P Capital IQ. THE ASSOCIATED PRESS

LOTTERY

If you win, plan carefully: Experts

Hoping to fund your retirement by winning the lottery is a ridiculous idea.

Sure, someone has to win, but banking your future well-being on a cheap ticket, a handful of carefully chosen numbers and near-impossible odds isn't financial planning — it's wishful thinking.

But if you're fond of daydreaming about winning big — Friday's Lottomax jackpot is $38 million — how much would you actually need to win to quit your job for good?

That depends on an array of factors, including how you plan to live your life going forward, how old you are and what kind of financial legacy you want to leave, says investment adviser Kathryn Del Greco at TD Wealth.

While some may be happy to putter in their gardens, others may have a bucket list that includes playing the great golf courses of the world and indulging their love of rare wines and fine dining.

"There isn't a magic number that you could apply to everyone," Del Greco said.

As you begin your fantasy session, keep in mind that lottery winnings aren't taxed in Canada, so the amount on the oversized novelty cheque you'll be handed in your dreams will be the very same sum you'll deposit in the bank.

But once that money starts earning interest and investment income, those amounts will be taxed.

Larry Moser of BMO InvestorLine estimates a risk-free portfolio of GICs will yield close to one per cent, while you may be able to earn four to five per cent a year by taking some risk in a conservative portfolio.

A five per cent return means that for every $1 million in lottery winnings, you could generate about $50,000 in annual income before any fees and taxes. Put another way, a five per cent annual return on $5 million could generate about $250,000 a year.

> **We encourage a balanced portfolio that would incorporate high-quality, dividend-paying stocks and blue chip equity stocks.**
> Kathryn Del Greco, TD Wealth

However, many forms of investment income are taxed at a lower rate than money earned by working, so compared with your salary, you may not need to make quite as much from your investments to have the same amount in your pocket after taxes.

Del Greco cautioned that inflation can erode the value of your nest egg without at least some investment growth.

"That's why we encourage a balanced portfolio that would incorporate high-quality, dividend-paying stocks ... and also blue-chip equity stocks [to] provide a natural hedge to inflation pressures," she said.

If you do hit the jackpot, both Del Greco and Moser recommend putting the money aside for a time before doing anything with it to give yourself space to formulate a plan once the initial thrill of the win passes.

"Before you make any rash decisions, before you start spending any money, before you start giving away all the money, you really want to sit down and figure out what the purpose of this money is," Moser said.

In your dreams, at least.

THE CANADIAN PRESS

metro VIEWS
Your essential daily news
Monday, June 15, 2015

#MYMETRO

Richie Islam and Roxana Olaru, Toronto

How do you two know each other?
Islam: We're dating.
What's the first thing you flip to when you read Metro?
Islam: I do the Sudoku.
Olaru: The horoscopes.
What is your commute?
Islam: I live in Markham. I take the train to go to school for graphic design.
Olaru: I'm from Uxbridge. I commute to Toronto for work and school.
What's the one spot in Toronto everyone who comes here should visit?
Islam: Kensington Market, because it's eclectic.
Olaru: The Distillery District.

Follow us on Instagram @metronewsca and show us your #MyMetro pose with a copy of our newspaper.

However it's funded, a new library is overdue

COLLINS' CAPITAL
Steve Collins

Mayor Jim Watson and other local politicians (The Fathers of Confederation Line?) convened to hammer our LRT system's first spike last week.

Some milestones in this $2.1-billion project are more photogenic than others. Don't look for dignitaries to don ceremonial construction vests to mark closure of the eastern section of the Transitway from June 28 until it reopens as a rail corridor in 2018.

That same year, Mayor Watson and crew hope to tote their shovels to the groundbreaking of Ottawa's much-delayed new central library (location TBA) in time for that fall's municipal election.

The Ottawa Public Library board last week recommended a new $86-million, 130,000-square-foot facility, pending council approval.

It's early days yet, and some caution is in order, given previously scheduled (and abandoned) new libraries we once expected to open in 2005 and again in 2014.

While we dithered, Halifax managed to open a show-stopper of a library last December. That city is offering the same 130,000 square feet of space for a population less than half ours, at a reported cost of $57.6 million, all of it public funds.

Back here, ideological skirmishes are practically guaranteed by the placement of a public-private partnership (often called a P3) front and centre in the library plans.

Proponents of P3s claim they save taxpayers money and save them risk and have a better record of coming in on time and on budget.

Critics warn the fine print of these complex deals actually conceals bigger long-term costs to the public (one 2012 University of Toronto study of Ontario's P3s found they cost 16 per cent more on average than a traditional tender).

Neither Library CEO Danielle McDonald nor Mayor Watson could name another Canadian library successfully built via P3, but Watson, with a major campaign promise riding on the library, doesn't want to make it any harder than it has to be.

"The minute we start narrowing the options, it becomes more expensive," he said last week.

So it's a P3 if necessary, but not necessarily a P3.

When it comes to libraries, we're civic tightwads from way back. When Ottawa polled its citizens on whether to build our first one back in 1896, we took a pass, deeming it too luxurious an undertaking for the capital. It took 10 more years (and $100,000 from Andrew Carnegie) to loosen our purse strings and open our minds.

Today, public libraries are considered nothing less than basic equipment. Despite our frugal ancestors' fears, OPL commands about 1.9 per cent of your tax bill.

We've waited so long to upgrade our cramped and outdated main library that even renovating it was going to cost as much as $70 million and still fall short of our needs. Watson said we're now "on the first step of a long journey." And we've been hesitating in taking that step long enough.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

ROSEMARY WESTWOOD

metroview

We're too distracted or shy to talk to strangers. Too bad.

We don't talk enough to strangers.

We're distracted, maybe, or shy or afraid.

It's too bad, because saying hello can lead to small, sweet, random encounters with someone new, someone interesting. Someone like Jane.

Leaning on her cane, Jane walked into the mostly empty theatre and sat down next to me. She wore large running shoes and a light jacket. She smiled and said, "Hello."

We joked that we'd both been made fools of by the weather and overdressed for that hot spring night.

Jane normally sees plays with a friend, but her friend couldn't make it that night.

She didn't even know what this play was about; she just came because she lives close by and she loves theatre.

This was the first winter in decades Jane had spent in Toronto. Normally she escapes to a small town in India where she'd once been stationed as a secretary in the foreign service. She told me I have to go one day.

The play started, and while we watched, I had the sense I had a new friend.

After the play, Jane asked if I was walking east, and I was sad to tell her I wasn't. "Oh, I just thought then we could walk together," she said.

We said goodbye at a pair of big doors, and Jane insisted she needed no help with them (she is, I estimate, in her 80s).

But when I got to my bike, I decided I didn't want to go home. I wanted to talk more with Jane and, because it was now dark, to see her safely home.

I chased after her and yelled, "Jane! Wait!" and startled the heck out of her.

We walked east along empty sidewalks, then north a few blocks, stopping once so Jane could check the price of bread at a small grocery store.

As we walked, Jane told me how she started working for the government in her 40s and how she came to love the people and culture of that Indian town (after learning that not saying "hello" in the streets was no indication of a lack of local friendliness).

When we reached her building, she gave me her email with instructions to write when I got home so she'd know I was safe. We'd see another play sometime, we said.

When I got home, I wrote Jane, but the email bounced back. She's unGoogleable, which is both sad and fitting — a stranger crush who is a digital enigma.

Jane will be wonderful company for someone else, sitting alone in a theatre, some other time, who talks to the stranger beside them.

metro
Your essential daily news

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metro LIFE

Your essential daily news

McSpeedy: Patrick Dempsey places second in 24 Hours Le Mans race

NUTRITION

Health Canada to re-examine every facet of Food Guide

Among recommendations to revamp the Food Guide: fruits and veggies should be separated into two groups. THE ASSOCIATED PRESS

It's sung as Canada's gospel of proper nutrition; a trustworthy guide dispensing sound advice on how to eat well, feel well and keep thin.

But Canada's Food Guide is under fire — within academic circles, among clinicians, in witness testimony at a senate subcommittee investigating obesity — and now, at Health Canada, which says it has decided to review the country's official food rules.

The governmental department will re-examine every facet of Canada's Food Guide, from the science behind it, to the policies and programs that stem from it and it's relevance to Canadians, the "changing food supply, population and demographics," spokesperson Eric Morrissette wrote in an email.

The Food Guide, a rainbow graphic of food groups and portion sizes explaining how we should spend our daily calories, was last updated in 2007 — despite a rising chorus of criticism from academics and clinicians. They say it is outdated, based on observations rather than hard science and focused on nutrients when it should emphasize whole foods.

"We need to throw out the idea that dietary recommendations can be built off nutrient requirements," says Dr. Yoni Freedhoff, a vocal critique of the guide. "We don't shop for nutrients, we shop for food."

Freedhoff adds that Canada's official food rules do little for public health, but "quite a lot" to serve the interests of the food industry. Health claims associated with the guide, such as "low in fat" and "no added sugar," give hyper-processed foods the illusion of "health in a box," he says.

That puts the onus on the shopper to study "poorly designed nutrition fact panels," and try to figure out whether the package is telling truth or not, he says.

Manual Arango, director of Health Policy for The Heart and Stroke Foundation, says it's time the guide was revised — especially in its treatment of sugar.

Criticisms of the guide range widely: fruits and vegetables should be separated into two groups because Canadians already eat enough watermelon and grapes, but not enough veggies, like beets and eggplant, experts say.

> **"We need to throw out the idea that dietary recommendations can be built off nutrient requirements. We don't shop for nutrients, we shop for food.**
>
> Dr. Yoni Freedhoff, a vocal critique of the guide

Fats are absent — and they shouldn't be, some experts say — especially with emerging evidence showing it is not fat that's bad, but the food it comes from.

Even the science behind it is under scrutiny's lens, says physician and University of Toronto nutritional sciences associate professor Dr. John Sievenpiper. "A big critique right now is that we don't measure well," he says.

Valerie Tarasuk, professor at the University of Toronto's Nutritional Sciences Department, says the guide, food groupings and portion sizes, are based on "sound scientific principles" and draw attention to how a healthy diet is made up of a spectrum of different foods.

If Canadians could only follow it, they would meet their nutritional needs, she says. The controversy arises from a misunderstanding of what the guide should be used for. "It's not a prescription," she says. "It's an educational tool."

Kate Comeau, registered dietitian and Dietitians of Canada spokesperson, agrees the guide is effective at starting a conversation about nutrition — with some groups, she says. But it's "not for everyone."

Joanne Lewis, of the Diabetes Association, says it's the environment of eating, including food labels, marketing and access to food — are all important to healthier eating. If anything, what's broken, she says, is "the way we implement" the food guide. TORSTAR NEWS SERVICE

NUTRI-FICTION

A cup a day keeps the doctor away?

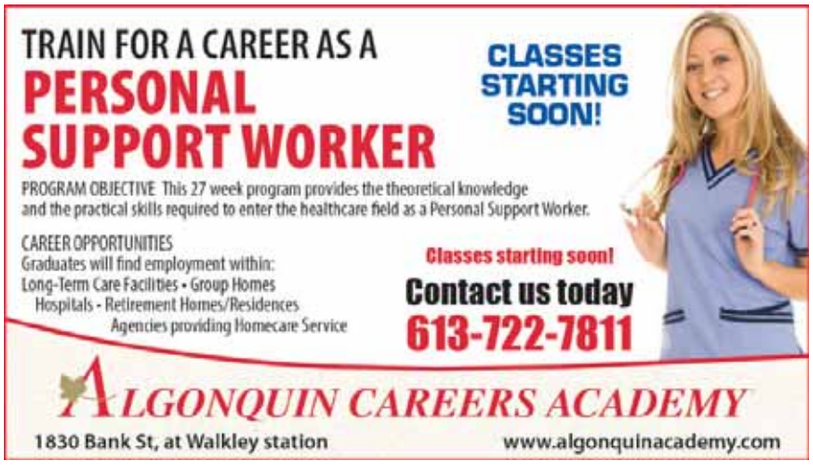
Manual Arango, director of Health Policy for The Heart and Stroke Foundation, says it's time the guide was revised — especially in its treatment of sugar.

Health Canada makes no distinction between added sugars, which are added in processing, and "free sugars," which exist unbound from the whole foods they come from, he says, citing juice as a prime example.

Currently, the food guide says that a 1/2 cup of juice can stand in for a serving of whole fruit.

Calling it "sugar water," Arango says he wants Health Canada to remove the recommendation immediately.

"It's bananas," he says. "Pure pulp fiction." TORSTAR NEWS SERVICE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MIND & BODY

Fermented foods linked to reduced social anxiety, research shows

In a new study of the mind-gut connection, eating fermented foods, which contain probiotics, were associated with reduced symptoms of social anxiety for student participants.

The research team said this is the first in a series of studies they are planning, hypothesizing that the right food could complement the efforts of psychologists when it comes to mental health.

"It is likely that the probiotics in the fermented foods are favorably changing the environment in the gut, and changes in the gut in turn influence social anxiety," said Dr. Matthew Hilimire of Willian & Mary University in the U.S.

The researchers constructed a questionnaire that asked students about their consumption of fermented foods over the past month. About 700 students responded. It also questioned students about exercise and consumption of fruits and vegetables in the interest of controlling for other healthy habits that are reputed as mood boosters.

"The main finding was that individuals who had consumed more fermented foods had reduced social anxiety but that was qualified by an interaction by neuroticism," said Hilimire. "What that means is that that relationship was strongest amongst people that were high in neuroticism."

The questionnaire was incorporated in a mass test administered in the university's Introduction to Psychology class in the fall semester of 2014. AFP

Carrie Underwood performs onstage during the 2015 CMA Festival on Saturday in Nashville. ALL PHOTOS GETTY IMAGES

Underwood 'in a really good place'

AMERICAN IDOL

New mom looks back on decade of instant fame, country hits

Carrie Underwood remembers when she first performed to thousands of country fans at the coveted Country Music Association's Music Festival in Nashville.

It was June 2005, which is exactly 10 years ago this month.

Fresh off an American Idol win, Underwood said her first big Nashville stage show was a madhouse. "It was a chaotic, with cameras flashing and a gazillion fans," Underwood said.

But her main worry was remembering the words to the song she was performing onstage.

"I was singing with Phil Vassar, a song I did not know," Underwood said. "I was like, 'Oh Lord, don't let me screw up the words.' We somehow pulled it off OK."

Now a decade later, Underwood has seven Grammy Awards and a handful of No. 1 singles on the country charts under her belt.

She's a wife, a new mom, and a bona fide super star.

Underwood said her pregnancy allowed her to slow down and focus on new music instead of touring.

"I spent a lot of time writing and listening to new songs," Underwood said. "I feel like now we're on the right track and in a really good place."

Before her sold-out performance at the 2015 CMA Music Festival Saturday night, Underwood admitted she was a bit nervous. It was her first big stadium show since giving birth to her son, Isaiah, back in February.

> **"I don't know what to expect for the next 10 years. As long as I enjoy what I'm doing, I call that winning."**
> Carrie Underwood

But when she hit the stage with her hit Blown Away, there was no sign of nerves. Strutting in her bejeweled hot-pants and matching vest, Underwood brought her fans at LP Field to their feet, even asking them to get sassy before jumping into the song Undo It.

She slowed things down but still held the crowd's attention with the emotional Something in the Water, off last year's Greatest Hits: Decade #1 release. She ended her seven-song set by bringing down the house with a resounding Before He Cheats.

In the crowd, and on their feet, were three generations of Underwood fans. Jessica Gallegos, her mother and daughter drove to Nashville from Murphysboro, Ill. Gallegos, who's been to every CMA show for the past 10 years, met a very nervous Underwood back in 2005 at a fan function.

"She was so nice and down to earth," Gallegos said. "I knew she was going to grow and be fantastic when I first saw her on Idol." THE ASSOCIATED PRESS

JOHN STAMOS

Uncle Jesse got popped by the cops

IN HOLLYWOOD
Ned Ehrbar

John Stamos certainly had a wild weekend. The Full House star was arrested and charged with a DUI in Beverly Hills after police stopped him for erratic driving.

Stamos was first taken to Cedars-Sinai Medical Center "due to a possible medical condition," where he was formally arrested and given the citation.

Photos from the arrest show a bleary-eyed Stamos popping a squat on the curb before police decide to head to the hospital.

There's no word on what that medical condition might be, but he's due in court in September.

Stamos tweeted out, "Thanks to everyone for their love and support. I'm home and well," but there are so many unanswered questions here, not least of which is what, no super-handsome mug shot?

FULLER HOUSE

Stamos starred in Full House, which aired on ABC from 1987 to 1995. He will produce and appear in a 13-episode reboot of the sitcom for Netflix scheduled to debut next year.

John Stamos has been charged with driving under the influence.

XO

Bey's lawsuit kiss-off

A former Beyoncé background singer is claiming Mrs. Z stole the track XO from him. The nerve. Last year, Ahmad Lane filed a federal lawsuit suggesting that a mutual colleague passed his demo for a song called XOXO on to Beyoncé.

Last week, Beyoncé fired back with a response via her lawyers calling Lane's suit "vague and cryptic" and explaining that "the two works at issue are entirely different songs that share no lyrical or musical similarity, other than perhaps the letters X and O."

Oh, and in case it needed pointing out, Beyoncé reminded everyone she doesn't need to steal anyone tracks because she has "17 Grammy awards and 118 million records sold." So there. NED EHRBAR/METRO

IN BRIEF: BIRTHDAY GOAL AND BOX-OFFICE GOLD

Wedding bells reportedly ringing for Kylie Jenner

How do you celebrate finally becoming a full-fledged adult? If you're Kylie Jenner, you do it by marrying your 25-year-old rapper boyfriend, Tyga, if this Radar Online report is to be believed.

"Right now their plan is to get hitched in August," a source says.

(August, by the way, is when Jenner turns 18.) "They are making plans to quit L.A. for a brand new life away from her family and his baby mama, Blac Chyna. Kylie is done with the constant criticism and micro-management from her family, especially Kim, and she's dead-set on going her own way as soon as possible." Sounds good. Where are they registered? NED EHRBAR/METRO

Jurassic World takes record $511.8M bite out of box office

Dinosaurs are anything but extinct at the box office.

Jurassic World, the fourth film in the series, became the highest global opener of all time with a staggering $511.8 million in its first days in theatres. It also devoured a number of domestic box-office records with a $204.6-million take, the Rentrak media-measurement company estimated on Sunday.

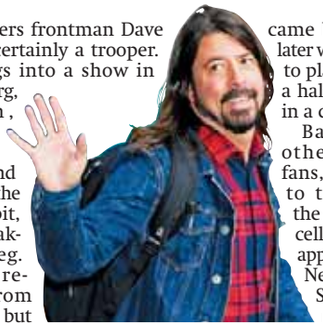
In addition to setting a record for 2015, Jurassic World is now the second-highest domestic opening of all time, right behind Marvel's The Avengers, which took in $207.4 million in 2012. By the time Monday actuals roll in, there is a chance the film could dethrone Avengers. THE ASSOCIATED PRESS

DAVE GROHL

Mr. Show Must Go On

Foo Fighters frontman Dave Grohl is certainly a trooper. Two songs into a show in Gothenburg, Sweden, Grohl misjudged a jump and landed in the security pit, badly breaking his leg. He was removed from the stage, but came back an hour later with a fresh cast to play for two and a half hours seated in a chair.

Bad news for other European fans, though: Due to the accident, the band has cancelled its next two appearances in the Netherlands and Switzerland. NED EHRBAR/METRO



metro SPORTS

Fabricio Werdum beat Cain Velasquez at UFC 188 to win the heavyweight title Saturday night

Monday, June 15, 2015

Defending their offence

WOMEN'S WORLD CUP

With one goal in two games, Canadians say more will come

Christine Sinclair is confident the goals are coming.

Canada's women's soccer team has scored just once in its first two group-stage matches at the FIFA Women's World Cup. Canada will look to find its scoring touch in the third and final group-stage game versus the Netherlands on Monday at Montreal's Olympic Stadium.

"As a forward, you get worried when you're not creating chances and chances aren't falling for you," said Sinclair after practice on Saturday in Montreal. "Myself, but also the rest of the front line, we've created chances. Sooner or later they're going to go in.

"People have to realize it's the World Cup — we're playing against the best teams in the world. There are no slouches."

Sinclair scored from the penalty spot in stoppage time as Canada opened with a 1-0 victory over China. Against New Zealand, the teams played to a scoreless draw.

John Herdman's team, however, have had their opportunities in open play. Canada has 10 shots on target, and only the Ivory Coast has hit more posts (3) than Canada (2).

"If we score one, the confidence will just come flooding in, even more so than it's already there," said midfielder Sophie Schmidt. "We're just saving it for the perfect moment."

Leading its group with four points from two games, Canada (1-0-1) could clinch top spot in Group A with a victory over the Netherlands (1-1-0). The Canadians would also reach the round-of-16 elimination games with a draw.

Even a narrow loss, with favourable results elsewhere, could send Canada through to the knockout stages.

But the Canadians have no intention of sitting back. They want all three points against the Dutch on Monday.

"That's our goal and that's our game plan," said forward Melissa Tancredi. "Coming up against any of these teams, we're not looking for a tie. We're going in there for a win, going in there very prepared and hopefully with the mindset of putting in some goals early."

THE CANADIAN PRESS

Christine Sinclair tries to control a ball against New Zealand's Betsy Hassett in Edmonton on Thursday. Sinclair and her Canadian teammates will look to find their scoring touch against the Netherlands on Monday. TODD KOROL/GETTY IMAGES

> **Championships are won with defence.**
>
> Sophie Schmidt on the fact that Canada has yet to surrender a goal

MLB

Jays cap sweep of Red Sox with 11th straight win

The way the Toronto Blue Jays are playing these days, even the last hitter in their lineup is plenty dangerous.

The Blue Jays won their 11th straight game to tie the team record, routing the Boston Red Sox 13-5 Sunday as ninth-place batter Ryan Goins homered, doubled and drove in five runs.

"Honestly, I think everybody's coming here every day knowing we're going to win," Goins. "You put that with probably having the best one-through-six in the whole league and it makes it easier for seven, eight, nine."

Danny Valencia, batting seventh, also homered as the highest-scoring club in the majors completed a sweep at Fenway Park and sent Boston to its season-worst sixth straight loss.

THE ASSOCIATED PRESS

Scherzer dominates Brewers in one-hitter

Max Scherzer struck out a team-record 16 and threw a one-hitter, losing his perfect-game bid on a bloop single that barely fell in during the seventh inning Sunday while pitching the Washington Nationals over the Milwaukee Brewers 4-0.

Carlos Gomez got Milwaukee's only hit — a broken-bat looper to right field just beyond the outstretched glove of second baseman Anthony Rendon.

THE ASSOCIATED PRESS

STANLEY CUP FINAL

Vermette proving valuable late in playoffs for Blackhawks

As Antoine Vermette sat as a healthy scratch on May 23, a first-round pick and a prospect looked like an overpayment by the Chicago Blackhawks for his services.

Ever since, he has been an invaluable piece of the Blackhawks' playoff run and perhaps the final piece of another championship team.

The next game Vermette scored the game-winning goal against the Anaheim Ducks, his first of three since. The most recent one came Saturday night against the Tampa Bay Lightning in Game 5 of the Stanley Cup final, putting the Blackhawks on the verge of winning the Cup.

"He's been at the right spot at the right time right now," linemate Kris Versteeg said. "It's not a fluke or luck. It's been coming from hard work and some patience and right now it's paying off for him."

Vermette cost Chicago general manager Stan Bowman a 2015 first-round pick and defensive prospect Klas Dahlbeck in a deal with the Arizona Coyotes. It was one of two moves made, along with the acquisition of defenceman Kimmo Timonen, that came about only because Patrick Kane's injury opened up some salary-cap flexibility.

Bowman said before the final that he wanted to give coach Joel Quenneville depth and options. What the Blackhawks got in Vermette was a top-nine forward who has been a major difference maker late in the playoffs.

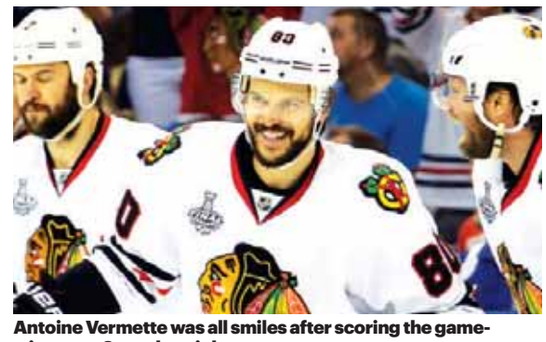
"He's scored two really big goals for us in (Tampa), and he's been a huge part of our team and our success on the offensive and defensive side of the puck," captain Jonathan Toews said.

Game 6 will be played Monday night in Chicago.

THE CANADIAN PRESS

ADJUSTMENT

Vermette went from the Coyotes' No. 1 centre to a bit player on the star-studded Blackhawks, but soon after the trade, he said he "recognized what a great opportunity it was to play for this team."



Antoine Vermette was all smiles after scoring the game-winner on Saturday night. BRUCE BENNETT/GETTY IMAGES

RECIPE Lemon Chicken Scallopini

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 10 minutes
Cook time: 14 minutes
Serving size: 6

Ingredients
- 5 Tbsp + 2 tsp all-purpose flour, divided
- 3 Tbsp grated Parmesan cheese
- 1 1/2 lb boneless chicken breasts, pounded
- 2 tsp vegetable oil
- 1/3 cup white wine
- 3/4 cups chicken stock
- 2 Tbsp lemon juice
- 2 tsp lemon zest
- 1 Tbsp honey
- Salt and pepper
- 2 Tbsp capers (optional)
- 3 Tbsp chopped parsley
- 4 lemon slices

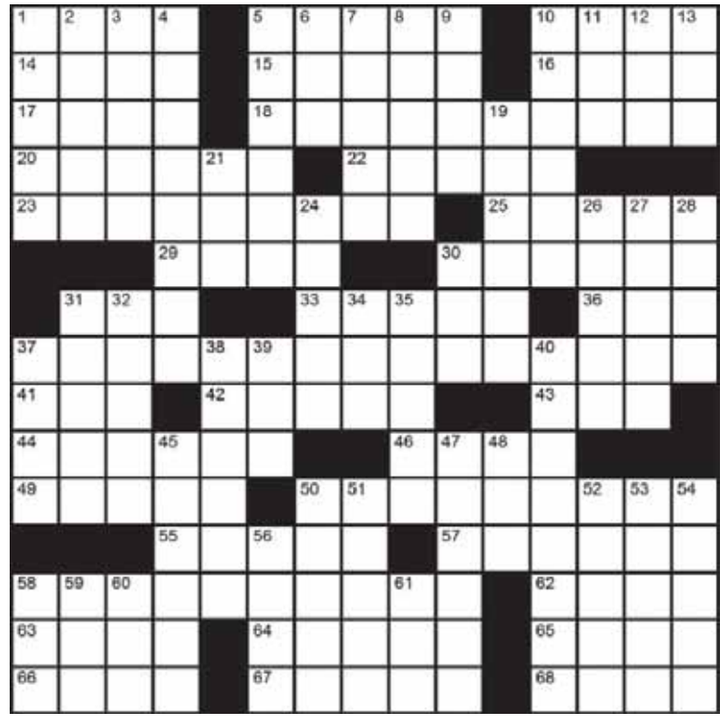
Directions
1. Combine 5 Tbsp of flour, cheese, salt and pepper on a plate. Dip chicken in mixture.
2. In a large skillet, add oil and sauté chicken for two minutes per side until lightly browned. Add wine and cook just until evaporated about one minute.
3. In a bowl combine stock, juice, 2 tsp of flour, zest, honey and salt and pepper until flour is dissolved. Add to chicken, cover and simmer for four minutes, turning once until sauce is slightly thickened and chicken is cooked.
4. Garnish with capers (if using), parsley and lemon slices. If desired, grill lemon slices for a minute per side before serving on chicken.

Nutrition per serving
- Calories 325
- Protein 37 g
- Fat 4.4 g
- Cholesterol 96 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Slope beside a river
5. _ Bay, Nova Scotia
10. Mass of ice
14. Sarah McLachlan tune
15. More unique
16. Authentic
17. Peel
18. 54-40 tune that goes "Bitten in the valley of thirst, the body kills.": 2 wds.
20. Spotter's exclamation, "_ _ _!"
22. Topic
23. As per #4-Down... Ms. Sinclair
25. Rene of movies
29. Opening on a schedule
30. Count on
31. Play-_
33. Musical piece for Chopin
36. Dynasty of China
37. Hudson's Bay: 2 wds.
41. Pres. Lincoln
42. Alleviated
43. 100, for short
44. Straightforward
46. Quebec pronoun
49. Stagnant
50. "Thinking of You" rock band from Winnipeg
55. Biopic starring Leonardo DiCaprio, "J. _" (2011)
57. Body of work
58. Toronto subway line, Yonge-_
62. Greek Myth: Goddess of discord
63. Ms. Winningham
64. "What?" response-starter, "_ _..."
65. "_ of Eden" (1955)
66. Bridge
67. Driving costs
68. 'Science Guy' Bill's

DOWN
1. Relating to Atomic Number 56
2. 'Revenge is _ _ best served cold'
3. Eight's follower, CB Radio style
4. FIFA Women's World Cup Canada 2015... Team Canada players on Canada Post's commemorative stamp: Ms. Buchanan and the team's captain at #23-Across
5. Capri attraction in Italy, Blue _
6. Lake: French
7. "Congratulations _ _ order!"
8. Quit
9. Sea eagles, variantly
10. Make available: 2 wds.
11. Grazing land
12. Paddle
13. Building wing
19. Uses the blender this way
21. Geog. feature
24. Articles
26. Attach a patch: 2 wds.
27. Mortimer _ (Noted ventriloquy puppet)
28. Comical dog
30. Spray in Joni Mitchell's "Big Yellow Taxi"
31. Money-spent transaction
32. CBC Radio One program DNTO = Definitely Not the _
34. _-hee! (That's funny!)
35. Beneath
37. Common sitcom roles
38. Draw back
39. Tit-for-_
40. Lady on Canadian money: 2 wds.
45. 7-_ (Slurpee seller)
47. _ of London (Underwriter)
48. Actor Jason
50. "This house _ _ many great features." ...pointed out the real estate agent
51. Font choice
52. Sun's one-of-some: acr. + wd.
53. Still _ _ (Maya Angelou poem)
54. Homes for chirpers
56. Gumption
58. Hmms...
59. Snooze
60. "Michael Collins" (1996) org.
61. "Voices Carry" by '_ Tuesday

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Saturn moves back into the wealth area of your chart today, which, among other things means you must take extra care when dealing with money and business matters. You know the old saying: neither a borrower nor a lender be.

Taurus April 21 - May 21
You may find that your enthusiasm takes a bit of a dive over the next few days but it is nothing to worry about. Come the weekend you will be raring to go again.

Gemini May 22 - June 21
Make sure your time is your own today because if you have to do things for other people you won't be happy or productive. If you feel the need, slip away for a bit and don't tell anyone where you are going.

Cancer June 22 - July 23
You will be both sociable and aloof over the next 24 hours. Conflicting aspects at work in your chart mean you will go from one extreme to the other. At least no one can say you are too predictable.

Leo July 24 - Aug. 23
You will get another chance to impress an employer or senior colleague and this time you will take full advantage of it. But don't neglect your home life — loved ones need to know they still come first.

Virgo Aug. 24 - Sept. 23
A rival is now praising you to the skies but there is no need to go on the defensive. Yes, they may be flattering you for their own selfish ends but it won't do them much good — you're too smart to be fooled.

Libra Sept. 24 - Oct. 23
If you are having doubts about some kind of financial arrangement you must speak up. With Saturn moving into the money area of your chart today you probably have very good reasons for having second thoughts.

Scorpio Oct. 24 - Nov. 22
If there is something important you need to tell a friend or family member, tell them today while there is still a good chance they will understand. Later in the week you may not find it so easy to express yourself.

Sagittarius Nov. 23 - Dec. 21
Don't push yourself too hard over the next few days. Whatever duties you have to complete, either at home or at work, they can quite safely wait. Strangely, the harder you strive the harder it will be to get things done.

Capricorn Dec. 22 - Jan. 20
Find ways to combine business and pleasure today. You are in a fun-loving mood but there are still some serious things to be taken care of, especially on the work front. Aim to get the best of both worlds at the same time.

Aquarius Jan. 21 - Feb. 19
You should find it easier to come and go as you please over the next few days. However, you still need to be sensible and stay away from places where tensions are running high and people don't agree with you.

Pisces Feb. 20 - March 20
Because you can sense that major changes are coming you may be a bit touchy today. Have fun with your friends. If you sit at home and dwell on your fears, your mind will play tricks on you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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8	2						9	
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